

## Dinner Salad w/Fr Dr10

Number of Servings: 10 (169.17 g per serving)

Amount	Measure	Ingredient
10.00	cup	Salad, Field Greens
1 1/4	cup	Nuts, almonds, sliced
50.00	ea	Tomatoes, red, cherry, fresh, year round a
10.00	Tbs	Salad Dressing, French, creamy, light

### Nutrients per serving

Nutrition Facts	
Serving Size (169g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 4g	
Vitamin A 50%	Vitamin C 20%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Place 1 cup washed field greens on each salad plate. Sprinkle each salad with 2 T almonds and 5 cherry tomatoes.

Drizzle each with 1 T creamy, light French Dressing.

Each salad with dressing = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.